

Diabetes Self-Management Education Programs



What is a DSME Program?

- An ongoing process of facilitating the knowledge, skill, and ability necessary for diabetes self-care.
- Incorporates the needs, goals, and life experiences of the person with diabetes and is guided by evidence-based standards.

(AADE, 2012)

(ADA, 2013)

10 Standards

1. Internal structure
2. External input
3. Access
4. Program coordination
5. Instructional staff
6. Curriculum
7. Individualization
8. Ongoing support
9. Patient progress
10. Quality improvement

DSME Programs Benefit...

- Diabetes patients
- Caretakers/family members



- DSME programs are effective for improving clinical outcomes and quality of life (short-term)
- Reduce potential long-term costs

2012 Stats

- 18.8 million people in the US have been diagnosed with diabetes.
- 7 million are believed to be living with undiagnosed diabetes.
- 79 million people are estimated to have blood glucose levels in the prediabetes range.
- More than 100 million Americans are at risk of developing diabetes.

Objectives of DSME

- Support informed decision-making
- Self-care behaviors
- Problem-solving
- Active collaboration with the health care team
- Improve clinical outcomes, health status, and quality of life

(AADE, 2012)

(ADA, 2013)

DSME Program Process

- Assessment
 - specific education needs
- Identification
 - specific self-management or diabetes prevention goals



DSME Program Process Cont.

- Education and behavioral intervention
 - directed toward helping a person achieve identified self-management/prevention goals
- Evaluation
 - attainment of identified self-management/prevention goals

7 Specific Self-Care Behaviors

- AADE7
 - Guide the process of DSME
 - Help patients achieve behavior change
1. Healthy eating
 2. Being active
 3. Monitoring
 4. Taking medication
 5. Problem solving
 6. Healthy coping
 7. Reducing risks



Importance of DSME Programs

- Many people with diabetes have or at risk for developing comorbidities such as:
 - Heart disease
 - Lipid abnormalities
 - Nerve damage
 - Hypertension
 - Depression

Importance Cont.

- The diagnosis, progression, and daily work of managing the disease can take a major emotional toll on people with diabetes that makes self-care even more difficult.



References

- American Association of Diabetes Educators. (2012). National Standards for Diabetes Self-Management Education and Support. *The Diabetes Educator*. 38(5), 619-629.
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